

## LATEST BOOKS FOR THE LIBRARY TABLE

By A. D. JACOBSON.  
HEALTH AND LONGEVITY THROUGH RATIONAL DIET: By Dr. Arnold Lebed, physician to the baths at Carlsbad, Austria.  
Dr. Lebed has had large practical experience in the dietetic treatment of many disorders at the greatest and oldest of the world's health resorts, Carlsbad. This place, visited annually by thousands who come from all parts of the world, is free from medical restrictions and the simple life enjoyed there is not the least helpful of its beneficial agencies. Besides, the author has been an extensive and observant traveler, especially interested in foods used and the methods of preparation employed by different peoples.

The book is free from the facts that render so many of the books written on this subject harmful for the laity. In this case the highest scientific authorities have been consulted and their researches made comprehensible to the non-professional. The body is a machine, the most complicated and neatly adjusted in existence. Foods supply, not only the fuel used in running the machine, but also the material with which the wear and tear must be replaced. It is a question of getting the greatest efficiency out of this machine by supplying the fire box with the best high-grade fuel. Feed the machine with low-grade coal containing sulphur and other impurities and you impair its life.

Pure air to breathe, wholesome water to drink, and proper food that should be secured, says the author, by the State for all its citizens, the poorest as well as the richest. In his opinion the man who traffics in impure, diseased, adulterated food, is a malefactor—he is—and should be treated as such. Laws on these subjects cannot be of any use until enforced adequately, which cannot be done until the public is becoming properly educated along these lines. To contribute to this much-needed education is the purpose of this book.

Few physicians have so frequent an opportunity to observe the harmful consequences of a faulty mode of nourishment as one who is a practitioner at Carlsbad. Even scholars well versed in a variety of subjects often display the most ignorant ignorance of the manner in which they eat. Others fall into the opposite error, those who avoid all foods containing even a trace of uric acid-forming constituents, lest an excess of such substances prove injurious and, meanwhile, overlook the fact that in addition to uric acid-producing components, these foods contain many other important substances, as certain nutritive salts, which are essential to health, which may result in serious injury, particularly in the period of growth and development of the body.

Because overeating may be harmful, many restrict their diet to such an extent as to do their bodies more harm than they would by eating to excess. Every farmer is aware of the fact that his horses require a different kind of food according to how they are to be used, as draft, riding, or carriage horses. So it is with dogs. It is only in man that we observe the contrary condition. Persons following the diet of the dog, their laborers or brainworkers, all take the same or, at least, very similar foods.

The author's aim is to impress upon his readers that the diet should vary according to the nature of the occupation or the functions to be carried out, just as always has been the custom in the case of our domestic animals.

Since certain nutritive salts play an important role in the activity of various organs—those containing phosphorus in brain activity—full consideration has been given by the author to the question of the nutritive salt contents of all varieties of food. The book also includes a discussion of rational methods of cooking the food, as by intelligent methods of preparing the food many important

nutritive substances and salts are withdrawn from it.

Many of the subjects treated by the author have been heretofore touched upon but little or not at all in scientific works.

THE INSIDE OF THE CUP: By Winston Churchill. New York: The Macmillan Company.

It is impossible to consider "The Inside of the Cup" as a novel and nothing else. It is really a polemic discussion and argument in which story, plot and characters and everything else are subordinated to the novelist's desire to make his plea and to uphold it. It is a tract in which he vigorously propounds and expounds a thesis of great contemporary importance, writing with all the ardor of the reformer who believes that certain conditions in whose midst we live should be immediately revolutionized. His characters are arranged in two hostile camps of reform and anti-reform, of radicalism and conservatism, of heterodoxy and orthodoxy, of goodness and badness, of virtue and vice. Mr. Churchill having apparently made up his mind at the outset of his story that the entire world is so divided, and that by no means can the breach be healed. In other words, if we read him aright, reform, radicalism, heterodoxy, goodness, and virtue march hand in hand on the one side, and on the other are allied the forces of anti-reform, conservatism, orthodoxy, badness, and vice. That we may not misunderstand him, and that we may not err in seeking to dissociate his opinions from the opinions of his characters, Mr. Churchill explicitly informs us that certain of them speak with his own voice. "In a book of this kind," he says in his "Afterword," "the setting forth of a personal view of religion is not only unavoidable, but necessary; since, if I wrote sincerely, Mr. Hodder's solution must coincide with my own—so far as I have been able to work one out." We have, therefore, Mr. Churchill's own statement that his chief character speaks for him, and that by inference all the other persons who argue from the same standpoint as Mr. Hodder are his spokesmen. He further assures us, lest we may question the seriousness and sincerity of his work, not as a story, but as an argument, that its pages have been written with reverence, "that the matter they contain has been pondered over during long winters, and that no one realizes the incompleteness of the religious interpretations they contain more than he."

Nevertheless, despite Mr. Churchill's overwhelming seriousness, I venture to say that "The Inside of the Cup" would be much more influential and convincing, much more likely to produce the reformatory result the writer seeks, were it more of a story and less of a preachment. As far as it was possible to outline its course, it may be said that its hero is one John Hodder, a clergyman, who leaves a New England country parish to assume a rectory in a thriving city in the Middle West; that from extreme orthodoxy he soon lapses into manifold heresies, and that he antagonizes the influential men of his church, who are described as men who have gained their wealth by criminal means, and refuse to resign, when requested by his vestry, obtains the support of his bishop, and "drives the money changers from the temple." Incidental to all this are a variety of episodes, without which no novel is complete, ranging from suicide to sudden death by apoplexy to the account of a children's half-holiday under the charge of the beneficent Mr. Bentley. Throughout the story there is no golden mean for Mr. Churchill, his characters ranging from this Mr. Bentley, who is altogether too good for a long life in this world, to the multimillionaire, Eidan Parr, who is made responsible for more than a thousand and one ills to which human flesh is heir.

Perhaps the best instance of his in-

sight into the ideas of the other side of the question is the speech he puts into the mouth of Eidan Parr, when the vestry has assembled to discuss the heresy of the rector, "Mr. Hodder," he said, "in one respect seems to be under the delusion that we are still in the Middle Ages, instead of the twentieth century, since he assumes the right to meddle with the lives of his parishioners, to be the sole judge of their actions. That assumption will not be tolerated by free men. I, for one, gentlemen, do not propose to have a Socialist for the rector of the church that I attend and support. And I maintain the privilege of an American citizen to set my own standards, within the law, and to be the sole arbiter of those standards. I shall not waste words," the financier continued. "There is in my mind no question that we are justified in demanding from our rector the Christian doctrines to which we have given our assent and which are stated in the Creed. That they shall be subject to the whims of the rector is beyond argument. Mr. Churchill apparently does not think this very good argument, but I have every reason to congratulate him upon it."

As a contribution to the discussion of vital modern problems, "The Inside of the Cup" is important, although there is ample room for forcible and effective answers to many of Mr. Churchill's contentions.

THE PASSING OF THE TURKISH EMPIRE IN EUROPE: By Capt. H. Grenville Baker. Philadelphia: The J. B. Lippincott Company.

The momentous struggle in the near East has enlisted not merely brave warriors, but competent chroniclers to keep pace with the grim arbitrament between the Balkan allies and the Mussulman. Capt. Baker is both a soldier of experience and a writer of repute, and his book is not the mere trivial story of what happened to himself—it is the sober and informed discussion of what has been happening to Turkey in Europe and why the little kingdoms have swept Thessaly and Macedonia and Thrace like wildfire to the consternation of the powers and the admiration of the disinterested world.

The work is the history of the rise and fall of Muslim rule in Europe. It reverts to earliest authentic record and comes down to the vivid and engrossing present day. There can be no question where our gallant captain's sympathies lie, as he describes how "the allies, four young nations, unspoil by luxury and great possessions, inspired by a high ideal, crossed their borders, drove the Ottoman forces before them from many a sternly contested field, and forced them to offer terms within a day's march of the Turkish capital."

GERMANY AND THE GERMAN: By Fritz Odier. New York: Charles Scribner's Sons.

The first printed suggestion that America should be called America came from a German, Martin Waldseemüller, of Freiburg, in his Cosmographie Instructive, published in 1770, wrote: "I do not see why any one may justly forbid it to be named after America. Its discoverer, a man of sagacious mind, America, that is the land of America or America, since both Europe and Asia derived their names from women."

The first complete shipload of Germans left Gravesend July 24, 1882, and arrived in Philadelphia October 5, 1882. They settled in Germantown, or, as it was then called, on account of the poverty of the settlers, Armentown. Up to within the last few years the majority of our settlers have been Teutonic in blood and Protestant in religion. The English, Dutch, Swedes, Germans, and Scotch-Irish who settled in America were all less than 2,000 years ago, one Germanic race, from the country surrounding the North Sea.

Since 1820 more than 5,200,000 Germans have settled in America. This immigration of Germans has practically ceased, and it is a serious loss to America, for

it has been replaced by a much less desirable type of settler. In 1820 Western Europe sent 56,175 settlers, or 17 per cent, while Southern and Eastern Europe and Asia Turkey sent 23,557, or 13 per cent. In 1880 Western Europe sent 214,854, or 21.7 per cent of our new population. In 1890 there were 2,282,512 white persons of German origin in the United States; 2,591,135 were born in Germany; 3,311,847 were born in the United States, both of whose parents were born in Germany; 1,800,000 were born in the United States and one in Germany.

Not only have we been enriched by this mass of sober and industrious people in the past, but Peter Muhlenberg, Christopher Ludwig, Stuben, John Kalb, George Herkimer, and later Francis Lieber, Carl Schurz, Elihu, Osterhaus, Abraham Jacob, Herman Ridder, Oswald Ottendorfer, Adolphus Busch, Isidor Nathan and Oscar Straus, Jacob Schiff, Otto Kahn, Frederick Weyerhaeuser, Charles Steinmetz, Claus Spreckels, Hugo Münsterberg, and a catalogue of others, have been leaders in finance, in industry, in war, in politics, in educational, and philanthropic enterprises, and in patriotism.

The framework of our republican institutions, as the author has tried to outline in this volume, came from the "Woods of Germany." European republicanism, which ever since the French Revolution has been in the main a phenomenon of the Latin races, was a creature of Teutonic civilization in the age of the Roundheads. The half Latin city of Genoa was the source of that stream of democratic opinion in church and state, which, flowing to England under Queen Elizabeth, was repelled by persecution to Holland, and thence directed to the continent of North America.

In these latter days Goethe, in a letter to Eckermann, prophesied the building of the Panama Canal by the Americans, and also the prodigious growth of the United States toward the West. In a private collection in New York is an autograph letter of George Washington to Frederick the Great asking that Frederick should use his influence to protect the French friend of America, Lafayette.

In Schiller's house in Weimar, there still hangs an engraving of the battle ofunker Hill, by Muller, a German, and a friend of the poet.

Hismark's intimate friend as a student at Göttingen, and the man of whom he spoke with warm affection all his life, was the American historian, Motley. The German soldiers in our civil war were numbered by the thousands. We have many ties with Germany, quite enough, indeed, to make a bare enumeration of them sufficient to interest the reader in this volume.

THE UNREST OF WOMEN: By Edward Sanford Martin. New York: D. Appleton & Co. Price, 15c.

In "The Unrest of Women," Edward Sanford Martin does not deal with any detailed history of the woman question, but boldly comes out with the cause and the cure, which is refreshing after the long and oft-repeated arguments for and against equal suffrage.

The author isn't really in favor of equal suffrage, but neither is he absolutely set against it. He takes the stand that "if the Creator intended that man should be boss and equipped him with the faculties proper to that office, boss he will be and nothing can stop him; not even 'votes for women.'"

On the other hand, he has the same truly Christian idea for the other side of the case when he says that "petty tyrannies over women, dogmatic denial to women of anything on earth or in life that they want and can attain and handle, will avail not a jot to keep man in power."

Freedom for women, with a capital F, is emphasized in every page of the book. The author has no quarrel with women who want to work at jobs which have in former years been mostly filled by men. He is willing to admit that women fill many of them well, in some cases better than men, but he contends that most of the biggest and best positions always will belong to men for the reason "that all this out-of-the-house work is to man his vocation, but to woman-at-large no more than her avocation. Her great vocation is motherhood."

It isn't just that women are restless. It is in the air. Too much attention has been paid to the development of business, of transportation, and of manufactures; too little attention to the actual spiritual welfare of the people. The woman problem is only part of a great big problem. The solution will not be reached entirely through politics the author maintains, but on the spirit of Christianity working through individuals for a greater degree of justice, kindness, and intelligence. This argument and hope permeates every page of this little book. If all the intelligent men and women would read it carefully, think it over thoroughly, and then conscientiously set to work to try out its practicability, it is pretty safe to predict that in a short time there may not be any womanhood.

THE PHILIPPINE PROBLEM: By Frederic Chamberlain. Boston: Little, Brown & Co.

Having investigated conditions in the far East and having availed himself of the very latest information, the author has been able to provide a concise but comprehensive work that promises to be widely read and discussed. Mr. Chamberlain first considers the problem of 1898, when American occupation began. He tells of our work of education, the problem of dealing with the friar lands, the various improvements that have been wrought, the American personnel of the islands, the great growth of business. After showing the cost of maintaining the Philippines, he takes up the problem of the future, carefully considering the proposition of independence, naturalization, and continued occupation. Mr. Chamberlain pays high tribute to W. Cameron Forbes' administration. The book contains many illustrations showing conditions before and after American control.

The volume is an effort to put between the covers of one small volume all that the students of the Philippine problem need to know for a mastery of the subject upon all its other lines. The first chapter comprehends just so much of the history and geography of the islands as is necessary for this purpose, together with a succinct account of the task as it first presented itself to the American people.

Beginning in the second chapter, the volume becomes an account of what we have tried to accomplish and have actually attained, closing with a study of the present needs of the situation, and what appears to be the probable outcome of the future. The author has no point to make further than to relate the facts and to state what they demonstrate to him. The facts must be known before any intelligent understanding of the situation confronting us in Asiatic waters can be possible.

PICKETT AND HIS MEN: By Mrs. La Salle Corbell Pickett. Author of "Latter Days of Dixie." Philadelphia: The J. B. Lippincott Company. Price, 15c.

The year 1913 marks the fiftieth anniversary of the battle of Gettysburg. One of the most spectacular features of the whole civil war was Gen. George Pickett, whose historic charge at Gettysburg excited the wonder of the world. His widow, La Salle Corbell Pickett, has done a remarkable piece of work in "Pickett and His Men," which is now issued in new form. It is not so much

a tribute to her distinguished soldier husband—though it is that as it is an intimate recital of the events proceeding, during and following the giant battle.

The descriptions are dramatic and brilliant; the feeling is tender and poetic; and, as a piece of literary work, it contains the most noble description of the charge ever penned. The soldiers of both North and South will long turn to this epic of Gettysburg not only as a standard work upon the subject, but also as a remarkably thrilling piece of writing.

In the compilation of this record the reader must know the author could not bring personal witnesses to the events described. They are based upon the official and other reports of eye witnesses and participants.

In treating of the maneuvers and engagements herein mentioned, she has excluded every disparaging statement which the facts of history and justice to all participants would possibly permit, purposely avoiding reading histories of the conflict by authors on both sides, and based the narrative upon original material, to avoid the possibility of traveling over ground already covered by others.

THE WHITE HOUND: By Frances Forbes-Robertson. New York: Dodd, Mead & Co.

A novel by the sister of the well-known actor, Johnstone Forbes-Robertson, would be sure to attract attention, but if this novel was by a woman, not the sister of a famous brother or any other relative, it would attract attention just the same for its unusual handling of character and extraordinary theme. Miss Forbes-Robertson not only displays a deep and persuasive imagination, but deals with some very important modern questions regarding woman in contemporary society. She does not do so as a propagandist, but merely as a mirror through which her characters reflect their temperaments and deeds. She weaves around the heroine a psychic atmosphere with artistic skill. The love, sympathy, and understanding of Rene for animals which she does not always share for mankind is depicted with amazing boldness and conviction.

Around her centers the interest of the story. She has felt the burden of her father's suicide, which he, an old scholar, has committed to relieve the family of hardships. The climax of the story is in the seduction of a maid in the heroine's household, and the fact that makes the circumstances rebound upon Rene is that the man who is responsible has also been the cause of her father's ruin.

Rene is oppressed by the state of modern civilization which makes these things possible, and in her effort to accomplish something to remedy social evils lies the interest of the narrative. Through it all Miss Forbes-Robertson does not lose sight of the essential loveliness of the world, and she evokes time and again a sense of its reality. Her indignation at its wrongs is but a burning away of the obstacles that prevent happiness.

THE UPPER CRUST: By Charles Sherman. In disguise—The Bobbs-Merrill Company.

Masqueraders, men and maids, mingle merrily in Maine in this romance, "Sherman was wrong," says Molly O'Toole. "Compared to poverty, war is paradise. In war you are either shot outright and your troubles are over, or you are wounded and there is someone to take care of you. If you are poverty-stricken you stand alone everyone is against you." Whereupon she, young and beautiful, the housekeeper for the wealthy Mrs. Todd, is sent to prepare the summer mansion on the coast of Maine while the mistress completes a tour of Europe. Being addressed as Mrs. Todd by an enterprising native, she adopts the idea and donning the mantle of the "upper crust," enjoys life hugely, even attracts the attention of a millionaire

neighbor, and affairs move along very briskly.

There are other masqueraders, the most notable being a chauffeur called Joe, and there is a forger feigning to be Canada who calls himself Algeron Van Rensselaer Todd, a tenderly reared son of Mrs. Todd. The girl loves the chauffeur and Joe loves the girl, and he makes love in a most forceful and convincing manner, although the object of his affection is his employer. This, however, is no more fanciful than the rest of the story, which nevertheless is jolly good reading, original and new. It is interesting to learn from the real Algeron that "the chief and man in New York is dissipation; in Boston conversation."

Mrs. Todd tried to persuade Algeron to do a man's work in the world; she is a suffragette and knows what should be done; but her son is not quite so sure. "If there were not any seas and not any money," he says to his dog, "dogs and men would be happy. Men chase money and dogs chase seas, and neither gets what he is after, at least not enough of each to let them rest comfortably."

Algeron, however, makes a start at the masses progress; but whether it is satisfactory to his ambitious mother or no one knows, for she is still in Europe as he embraces Molly and informs her that she is "not his rib but his brain."

THE REDUCTION OF DOMESTIC FLIES: By Edward R. Ross. Philadelphia: The J. B. Lippincott Company. (Illustrated.) Price, 15c.

The object of this book is to bring to public notice the necessity for the reduction of domestic flies in cities, towns, and villages and rural districts. There is a great deal of evidence to show that these insects are directly concerned in the spread of certain diseases, and therefore every effort should be made to sway public opinion in favor of fly destruction.

This book is intended to describe the nature of the insect known as the house fly—its life, its danger to human beings, and the part it plays in bringing sickness, death, and misery; and to show how this pest may be best reduced in its number so that its dangerous influence may be lessened.

LITTLE PATENT LEATHER BOOTS: By Edith Sweeney Buchanan. (Illustrated.) Philadelphia: J. B. Lippincott Company.

Through an accident to a friend who was to join him in Liverpool "Bob"—surname unknown—is undecided as to his plans for the immediate future. But upon going to his rooms in Hotel Colburn to put out his boots on the first night of his stay in London, all indecision vanishes. For at the door next to his is "the neatest, smartest pair of little patent leather boots you ever saw."

At once Bob knows that to none but an American can they belong. And simultaneously he knows what his plan of travel is to be. Whitherover the quest of the owner of these little boots shall carry him, he will go blithely. To find to know that owner is accomplished even sooner than he had dared hope. Follows a more serious and difficult quest—that of winning her heart. For "Miss Martin" is as clever as she is charming. The quest leads through pleasant lands—France, Germany, Austria, and Hungary, ending quite as the most exacting lover of romance could desire, in that city from which it started—Paris.

The story is told in the form of letters, written by "Bob" to "Jack," the friend in America with whom the former had planned to motor over the Continent. They are breezy and entertaining, telling not only the progress of the quest, but containing bits of description of the cities through which it carries their writer—Paris, Strassburg, Stuttgart, Augsburg, Munich, Vienna, Budapest, Prague, and others—which are made more vivid by the many illustrations reproduced from photographs.

## SUGGESTIONS FOR TRANSFERRING THESE PATTERNS.

THE window pane method is perhaps the simplest and is particularly successful when the material is thin such as batiste, lawn, or handkerchief linen, the best plan is to pin the sheet of paper and the material together and hold them up against the window pane and with a sharp pencil trace the design on the fabric, or else lay the material on the pattern on top of a table or other hard surface, and carefully trace the design with a well pointed pencil, the design may also be transferred to heavy material by using a piece of transfer or carbon paper, to be placed between the pattern and cloth, using a sharp pointed pencil to secure a clean line.

No. 734. Design for Embroidering a Low Neck Corset Cover.

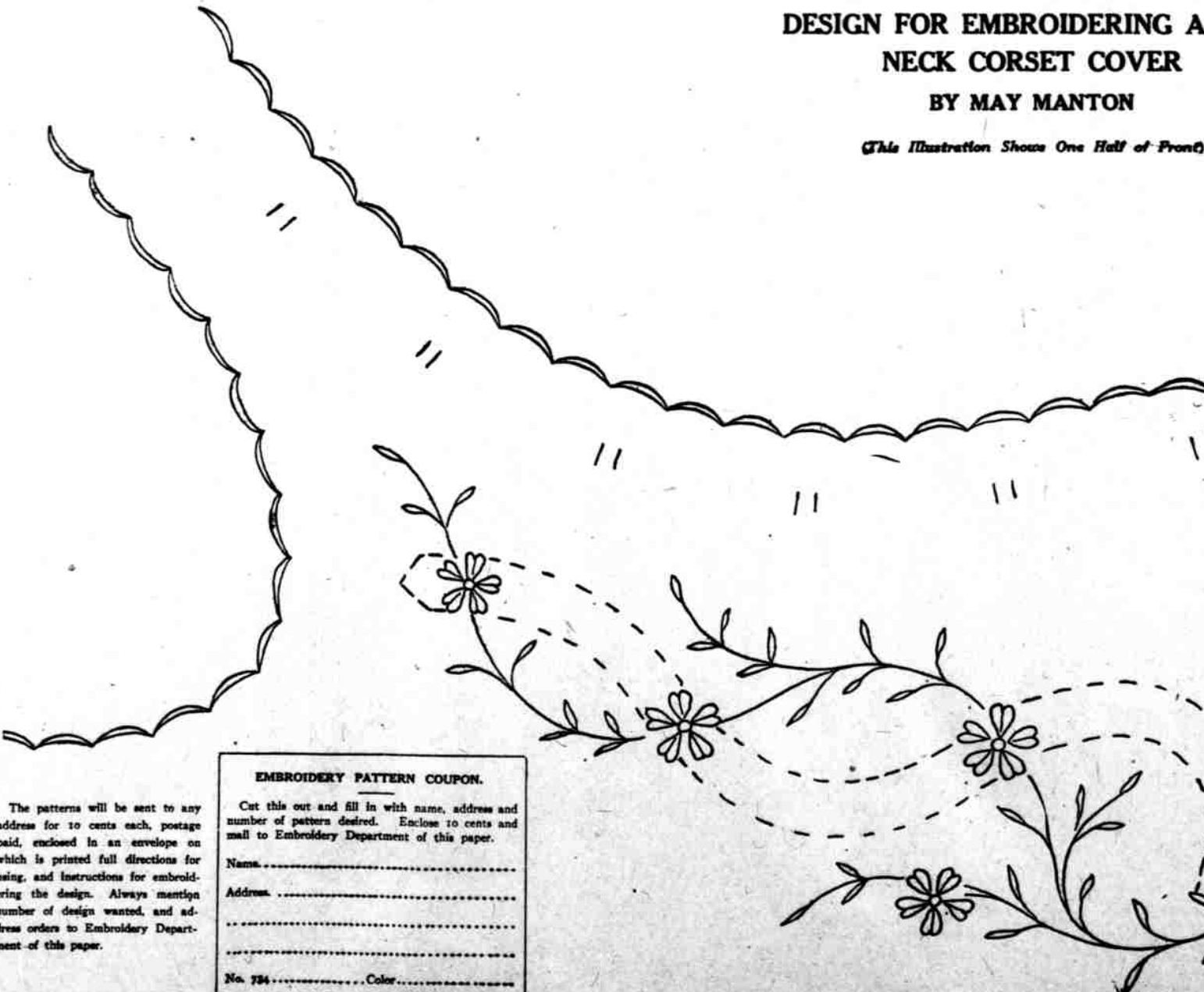
The scalloped edges are to be padded and button-holed. Lace is designed to be applied between the dotted lines and the flowers are to be embroidered over it. The flowers are to be worked in Wallachian stitch with centers as eyelets or to be outlined in over and over stitch. The leaves can be worked as eyelets or solidly and the stems are to be outlined.

TRANSFER EMBROIDERY PATTERNS SUPPLIED BY MAIL 10 CENTS EACH.

FOR the benefit of our readers who prefer transfer patterns to work by instead of tracing the design on this page by any of the methods which we have suggested, we have arranged to supply patterns of any of the embroidery designs which are featured, for 10 cents each.

These patterns are transferred by the hot iron process, which is the simplest method that has yet been devised for effecting a perfect transfer. All that is necessary is to lay the pattern on the material and press over the entire surface with a hot iron when a perfect transfer will result.

The patterns are supplied either in blue or yellow so that they can be used on light or dark colored material. In ordering state what color is desired.



## EMBROIDERY PATTERN COUPON.

Cut this out and fill in with name, address and number of patterns desired. Enclose 10 cents and mail to Embroidery Department of this paper.

Name.....

Address.....

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No. 734.....Color.....

The patterns will be sent to any address for 10 cents each, postage paid, enclosed in an envelope on which is printed full directions for using, and instructions for embroidering the design. Always mention number of design wanted, and address orders to Embroidery Department of this paper.

## DESIGN FOR EMBROIDERING A LOW NECK CORSET COVER

BY MAY MANTON

(This Illustration Shows One Half of Front)